

Choose Healthy Options for Wellness (CHOW) Course

The CHOW Course is a full-day training, offering students the opportunity to receive information in basic as well as more advanced nutrition topics. The course outline includes the following:

- Introduction to Nutrition Basics
- Performance Nutrition
- Nutritional Ergogenics
- Environmental Changes to Support Healthy Eating
- Supporting Healthy Behavior Change
- Resources as Sources of Support

The course is offered annually at the Navy and Marine Corps Public Health Conference and can be offered at other conferences upon request. To learn more about the Navy and Marine Corps Public Health Conference, go to: http://www-nehc.med.navy.mil/Public_Health_Conference/

